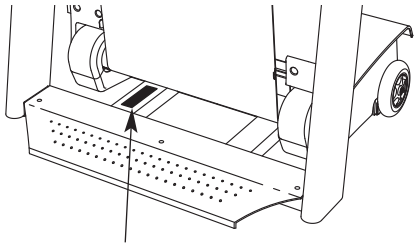
NordicTrack®
Reflex 4500 PRO

www.nordictrack.com

Model No. NTL11209.1
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:
1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

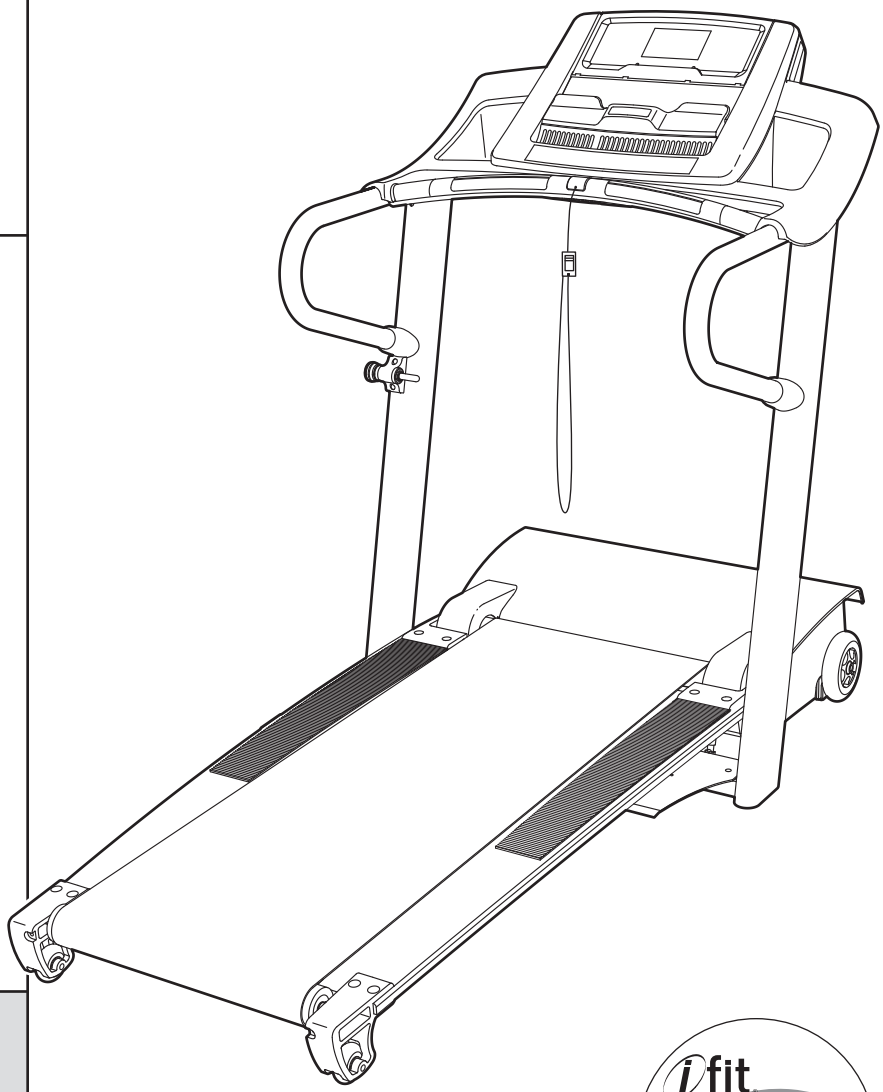


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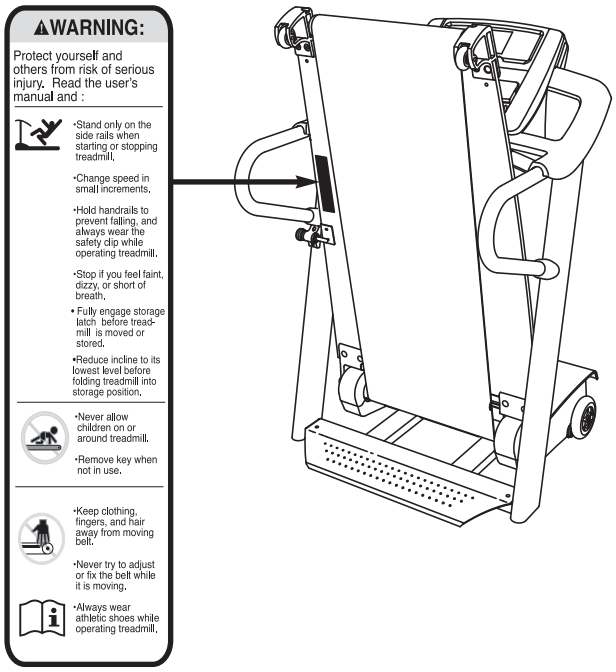
TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
ASSEMBLY 6
OPERATION AND ADJUSTMENT 11
HOW TO FOLD AND MOVE THE TREADMILL 20
TROUBLESHOOTING 21
EXERCISE GUIDELINES 24
PART LIST 26
EXPLODED DRAWING 28
ORDERING REPLACEMENT PARTS . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT


⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

NordicTrack is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
3. **Use the treadmill only as described.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
7. **Keep children under age 12 and pets away from the treadmill at all times.**
8. **The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.**
9. **Never allow more than one person on the treadmill at a time.**
10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
11. **When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**
12. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**
13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**
14. **Keep the power cord and the surge suppressor away from heated surfaces.**
15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 21 if the treadmill is not working properly.)**
16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).**
17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
19. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as exercise aids in determining heart rate trends in general.**

20. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)**

21. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

22. **Do not change the incline of the treadmill by placing objects under the treadmill.**

23. **When folding or moving the treadmill, make sure that the storage latch is holding the treadmill securely in the storage position.**

24. **Inspect and properly tighten all parts of the treadmill regularly.**

25. **Never insert or drop any object into any opening on the treadmill.**

26. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

27. **The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.**

28. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

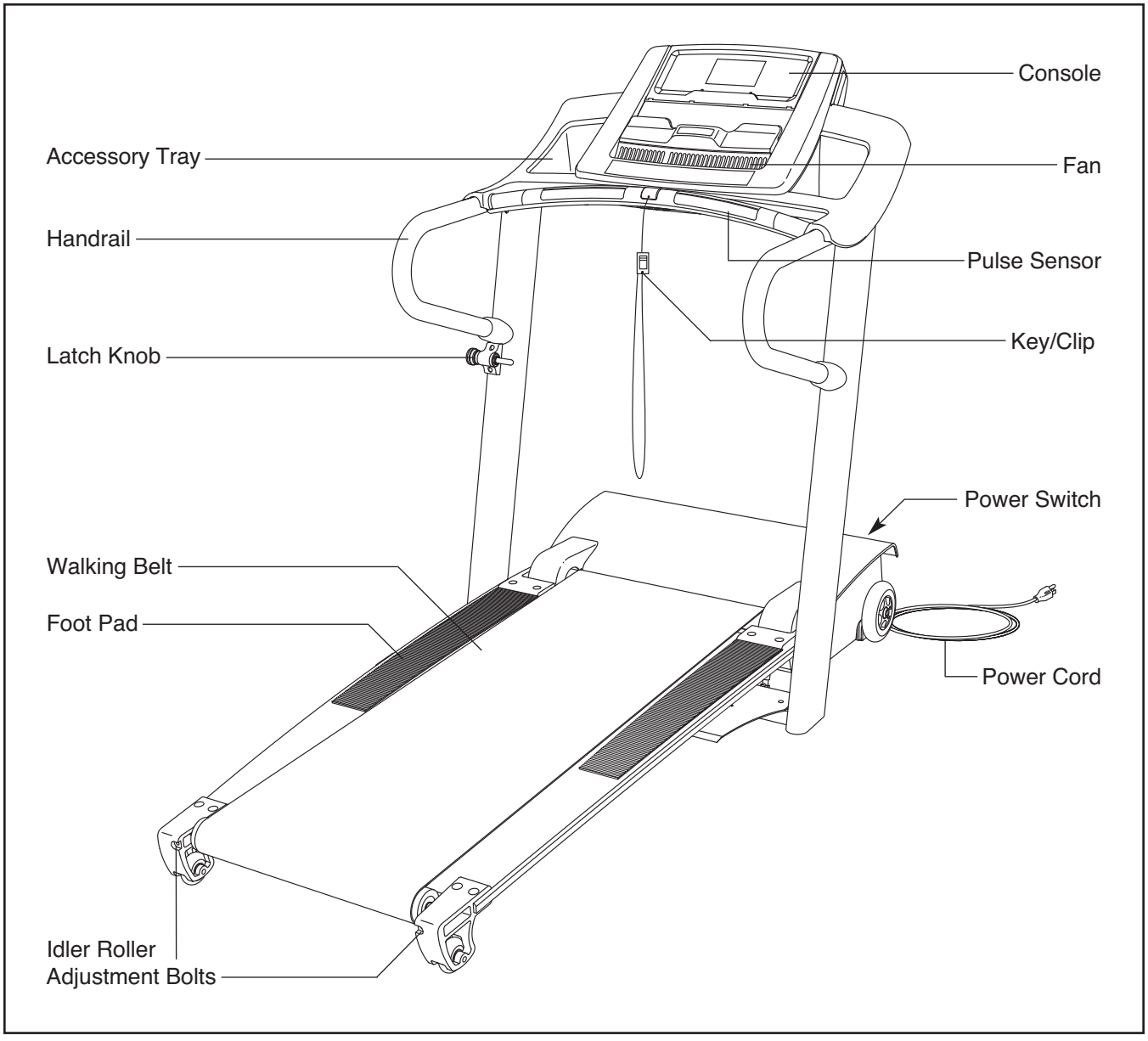
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® REFLEX 4500 PRO treadmill. The REFLEX 4500 PRO treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

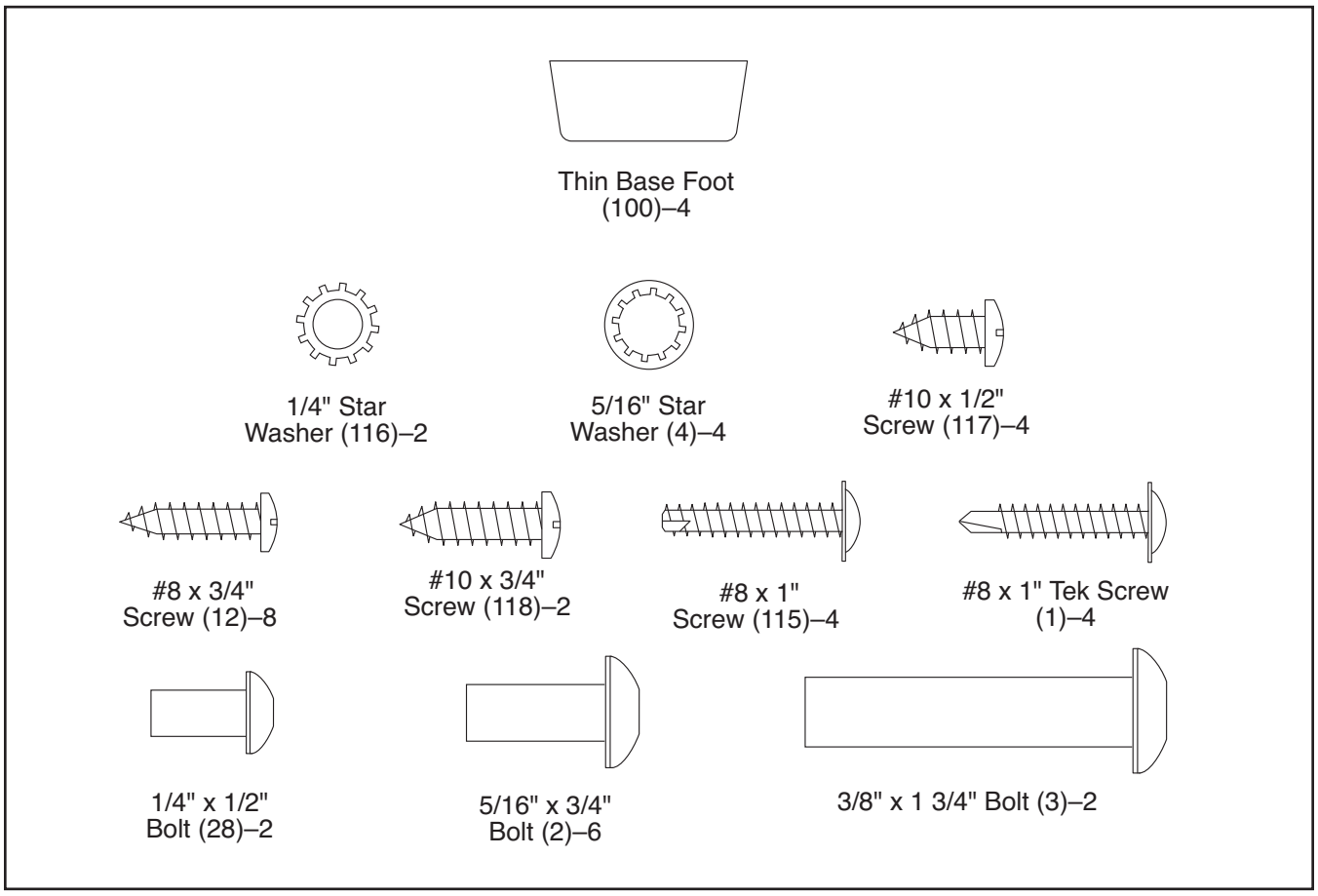


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key and your own Phillips screwdriver and wire cutters .

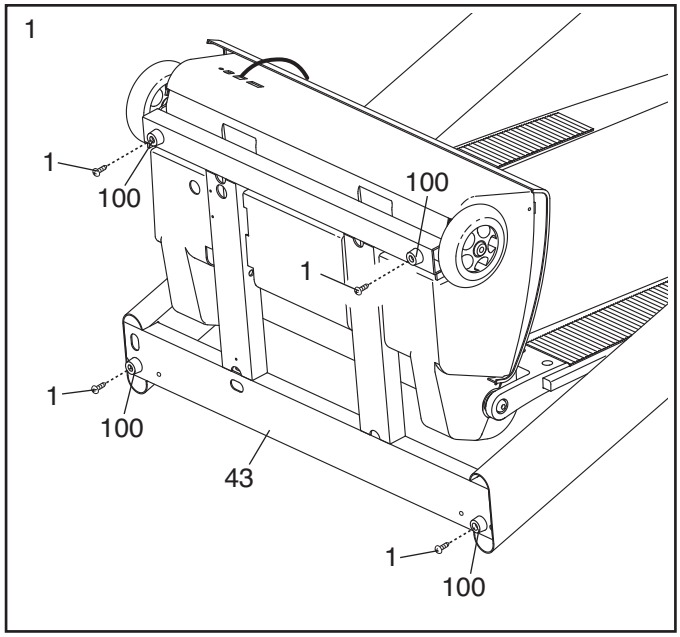
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**



1. With the help of a second person, tip the Uprights (43) down as shown.

   Attach the four Thin Base Feet (100) to the bottom of the Uprights (43) with four #8 x 1" Tek Screws (1) in the locations shown.

   Raise the Uprights (43).

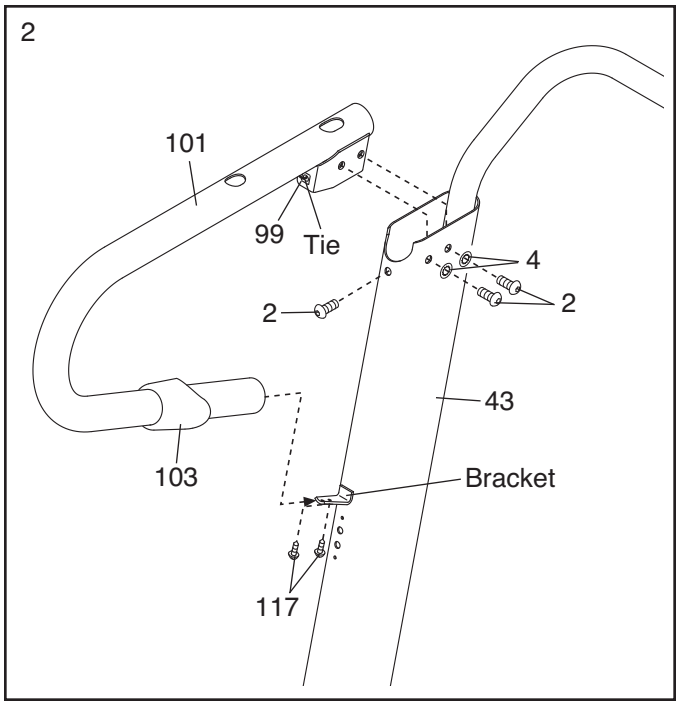


2. Identify the Left Handrail (101), which is marked with a “Left” sticker. Cut the tie from the Left Handrail. If necessary, press the 5/16" Cage Nut (99) back into place.

   Slide a Handrail Cover (103) onto the lower end of the Left Handrail (101) as shown. Set the Left Handrail on the left Upright (43) and slide the lower end of the Left Handrail onto the bracket on the left Upright.

   Start three 5/16" x 3/4" Bolts (2) with two 5/16" Star Washers (4) into the left Upright (43) and the Left Handrail (101). Then, start two #10 x 1/2" Screws (117). **Firmly tighten the three Bolts and the two Screws.**

   Slide the Handrail Cover (103) down against the left Upright (43).



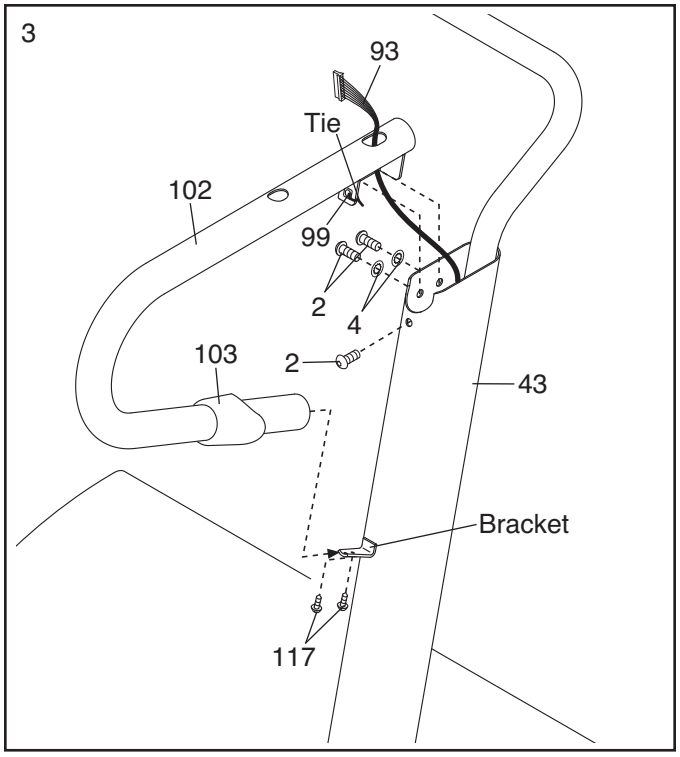
3. Cut the tie from the Right Handrail (102). If necessary, press the 5/16" Cage Nut (99) back into place.

   Cut the tie holding the Upright Wire (93). Route the Upright Wire through the Right Handrail (102) as shown.

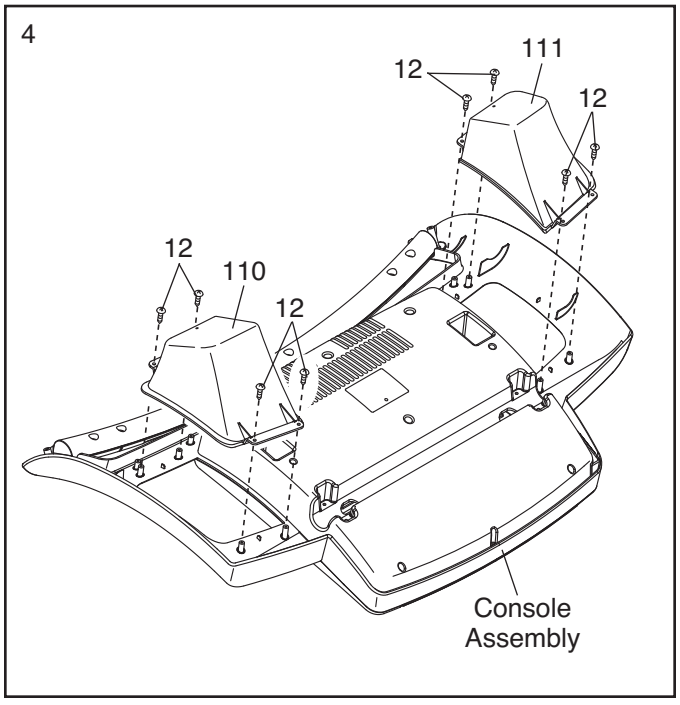
   Slide a Handrail Cover (103) onto the lower end of the Right Handrail (102) as shown. Set the Right Handrail on the right Upright (43) and slide the lower end of the Right Handrail onto the bracket on the right Upright. **Make sure not to pinch the Upright Wire (93).**

   Start three 5/16" x 3/4" Bolts (2) with two 5/16" Star Washers (4) into the right Upright (43) and the Right Handrail (102). Then, start two #10 x 1/2" Screws (117). **Firmly tighten the three Bolts and the two Screws.**

   Slide the Handrail Cover (103) down against the right Upright (43).

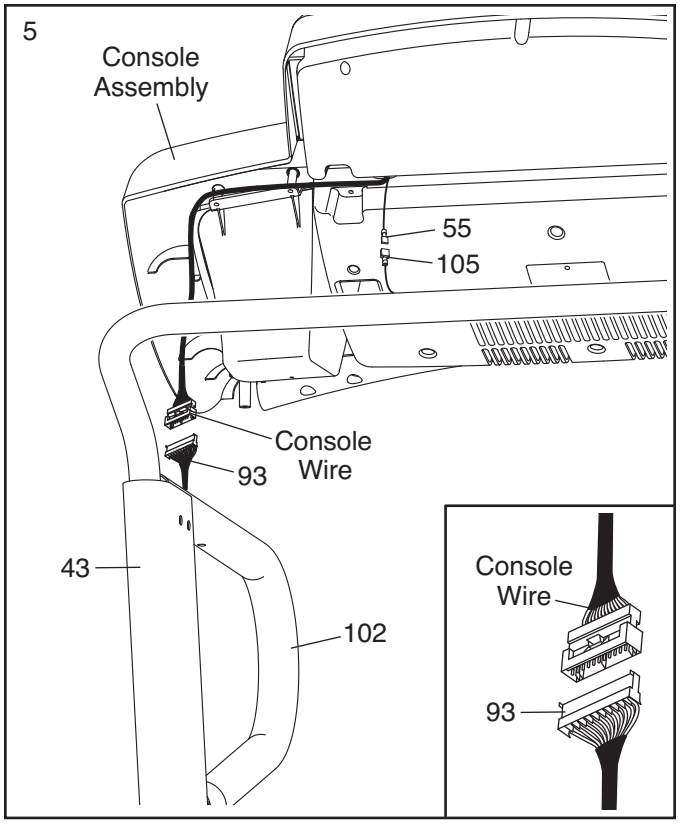


4. Set the console assembly face down on a soft surface to avoid scratching the console assembly. Attach the Left Accessory Tray (110) and the Right Accessory Tray (111) to the console assembly with eight #8 x 3/4" Screws (12).



5. With the help of a second person, hold the console assembly near the Uprights (43). Connect the Console Ground Wire (55) to the Ground Wire (105).

   Connect the Upright Wire (93) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Insert the wires into the Right Handrail (102) and right Upright (43).

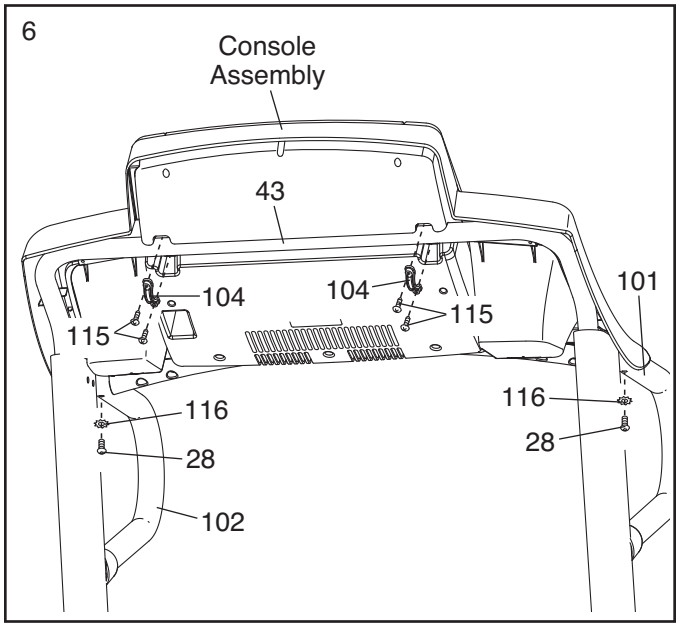


6. Set the console assembly on the Left and Right Handrails (101, 102) and the Uprights (43). **Be careful not to pinch any wires.**

   Start two 1/4" x 1/2" Bolts (28) with two 1/4" Star Washers (116) into the Handrails (101, 102) and the console assembly. **Do not fully tighten the Bolts yet.**

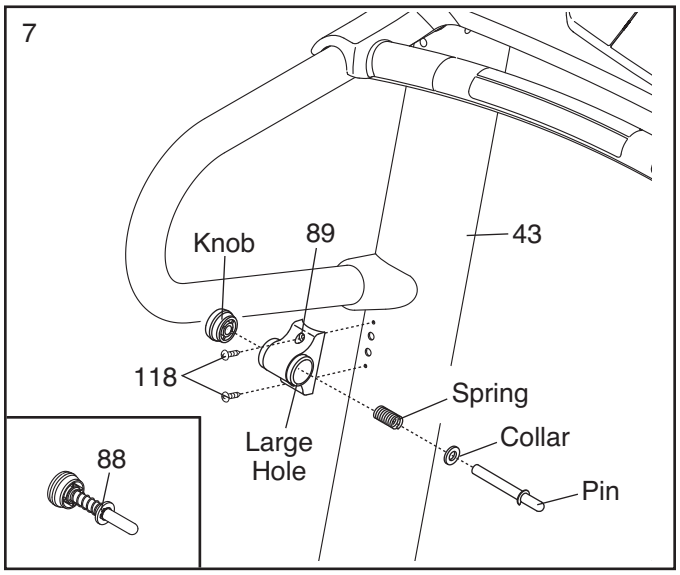
   Attach the two Console Clamps (104) to the console assembly with four #8 x 1" Screws (115). **Start all four Screws, and then tighten each of them. Be careful not to overtighten the Screws.**

   Tighten the two 1/4" x 1/2" Bolts (28).



7. Attach the Latch Housing (89) to the left Upright (43) with two #10 x 3/4" Screws (118). **Make sure that the large hole in the Latch Housing is on the side shown. Do not overtighten the Screws.**

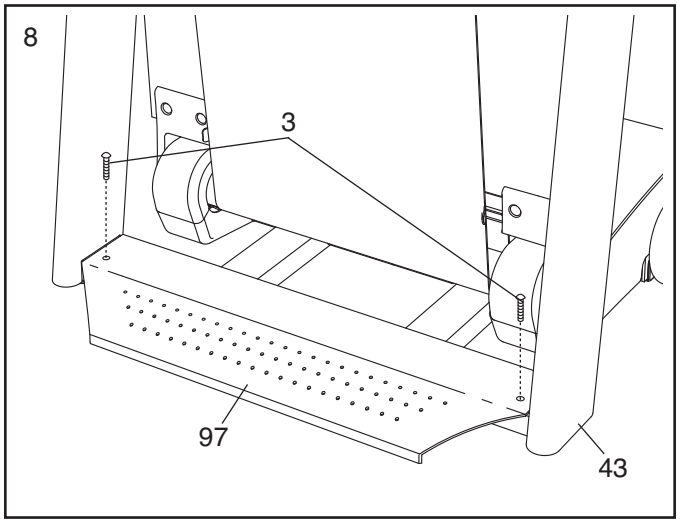
   Locate the Latch Assembly (88). Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Then, insert the pin into the Latch Housing (89), and tighten the knob back onto the pin.



8. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 20).

   Position the Base Plate (97) on the treadmill as shown. Attach the Base Plate to the Uprights (43) with two 3/8" x 1 3/4" Bolts (3). Note: It may helpful if a second person tips the treadmill slightly as you tighten the Bolts.

   Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 20).



9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 22 and 23). **To protect the floor or carpet from damage, place a mat under the treadmill.**

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

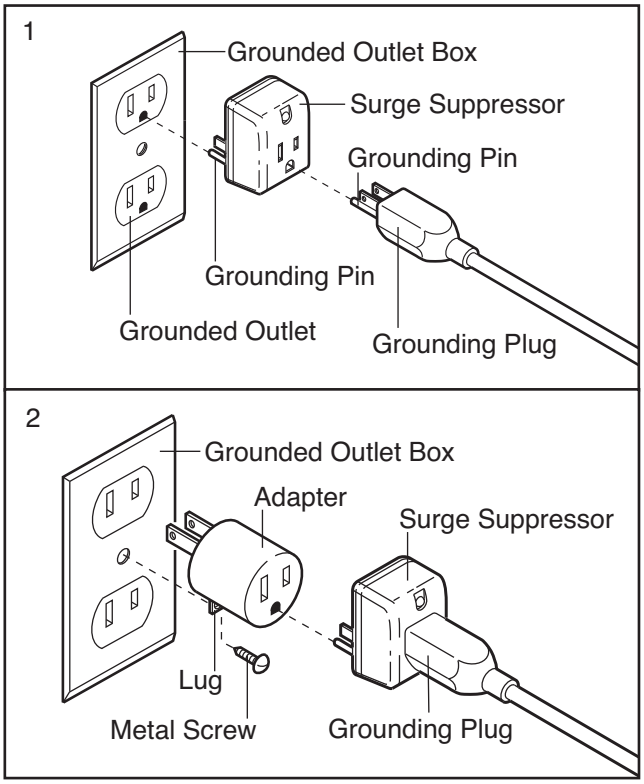
⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could damage the control system of the treadmill (see precaution 13 on page 3).

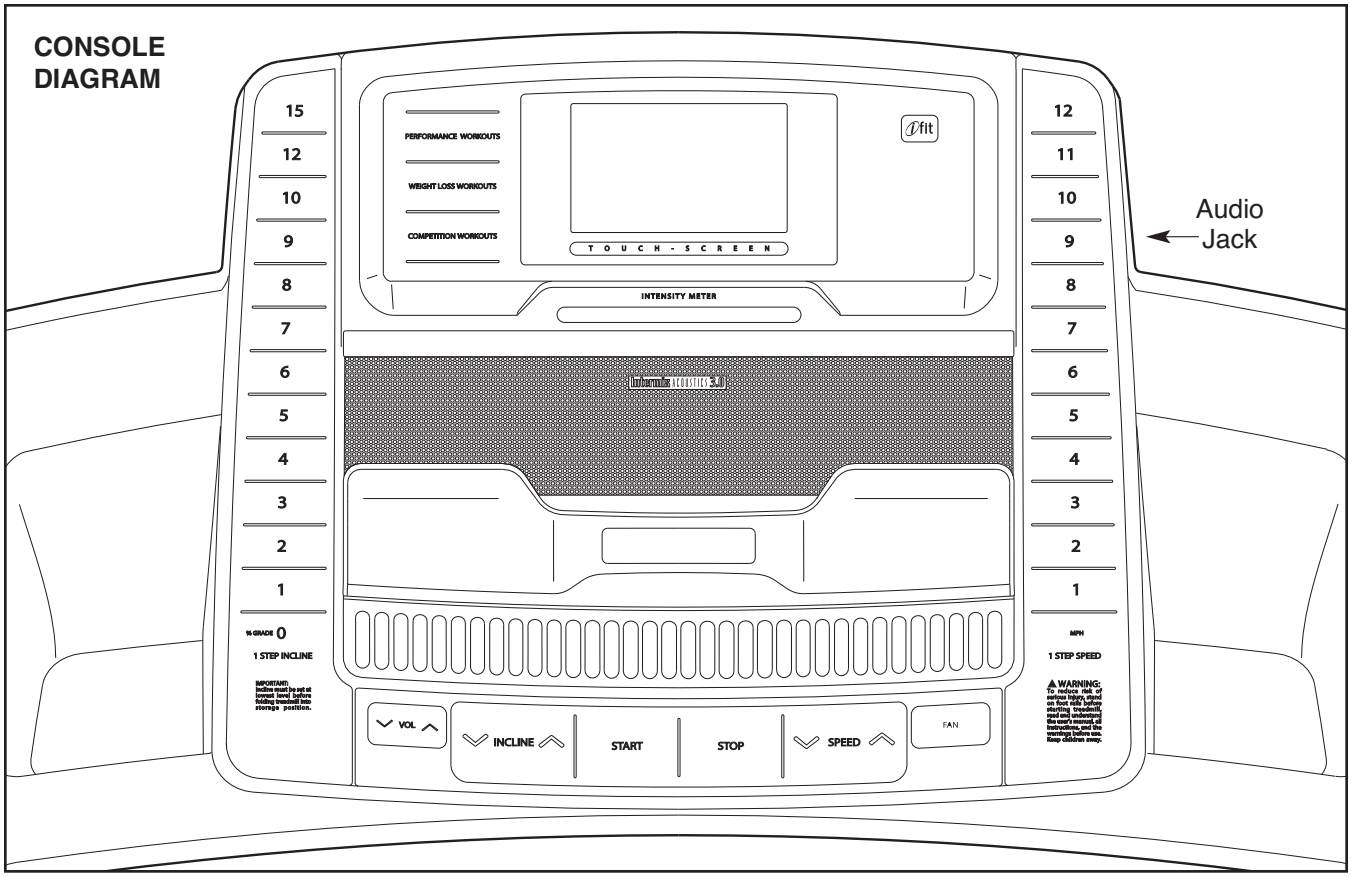
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).



The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. The adapter must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode, you can change the speed and incline with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console features twenty-six preset workouts—twenty performance workouts and six weight loss workouts. Each preset workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can even compete against other runners using a competition workout.

The console also features an iFit Live mode that enables the treadmill to communicate with your wireless network through an optional iFit Live module. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even listen to your favorite workout music or audio books with the console's stereo sound system.

To turn on the power, see page 13. **To use the manual mode,** see page 13. **To use a preset workout,** see page 15. **To use a competition workout,** see page 17. **To use the iFit Live mode,** see page 19. **To use the information mode,** see page 19. **To use the stereo sound system,** see page 19.

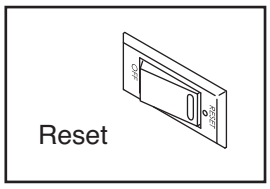
IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 19. **For simplicity, all instructions in this manual refer to miles.**

HOW TO TURN ON THE POWER

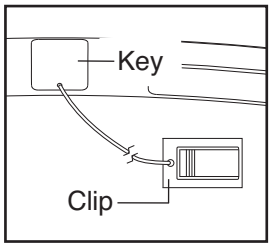
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 11). Next, locate the power switch on the treadmill base near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 19 to turn off the demo mode.

Next, stand on the foot pads of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**



HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the main menu.**

   Each time the key is inserted, the main menu will appear. Note: If you have selected a workout or the iFit Live mode, press the Menu button on the screen to return to the main menu.

3. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons. You can also press the Go button on the screen.

   If you press the Start button, the Speed increase button, or the Go button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

   If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button.

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons.

4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase or decrease button or one of the 1 Step Incline buttons numbered 0 to 15. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

5. **Select a display mode and monitor your progress with the display.**

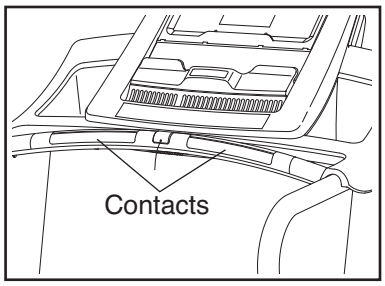
   The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, repeatedly press the Display button on the screen.

   As you walk or run on the treadmill, the display can show the following workout information:

   - The elapsed time.
   - The distance that you have walked or run.
   - The approximate number of calories you have burned.
   - Your pace, in minutes per mile or minutes per kilometer.
   - The speed of the walking belt.
   - The incline level of the treadmill.
   - Your heart rate (see step 6 on this page). Your heart rate will be displayed only when you use the handgrip pulse sensor.

   As you exercise, the intensity meter will indicate the approximate intensity level of your exercise.

6. **Measure your heart rate if desired.**

   Before using the handgrip pulse sensor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.

   To measure your heart rate, **stand on the foot pads and hold the contacts—avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **Turn on the fan if desired.**

   The fan features high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

8. **When you are finished exercising, remove the key from the console.**

   Step onto the foot pads, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

   When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Select a preset workout.

If you have selected the manual mode, a workout, or the iFit Live mode, press the Menu button on the screen to return to the main menu.

To select a preset workout, press the iFit Workouts button on the screen. Then press the Performance button or the Weight Loss button on the screen. You can also press the Performance Workouts button or the Weight Loss Workouts button on the console.

To use a performance workout, press the Time button or the Distance button on the screen. To use a weight loss workout, press the Calorie button or the Basic button.

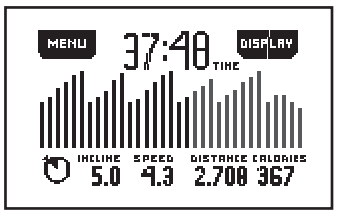
If a Next button appears on the screen, press the button to view more workouts. Press the button for the desired workout. When you select a workout, the display will show the name, the duration, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout. Note: When a distance workout is selected, the duration of the workout will not appear in the display.

If you select a performance workout, you can change the intensity of your workout. Press the Select button. Then, press the increase or decrease button on the screen to change the intensity.

3. Start the workout.

Press the Start button or the Select button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each preset workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.



During the workout, the profile will show your progress. Press the Display button repeatedly to view the profile. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment.

At the end of each segment, a series of tones will sound. If a new speed and/or incline setting is programmed for the next segment, the new speed and/or incline setting will flash in the display for a few seconds and the treadmill will automatically adjust to the new speed and incline settings.

The workout will continue in this way until the last segment of the profile flashes and the last segment ends. The walking belt will then slow to a stop. Some workouts will be followed by a cool-down period.

Note: The calorie goal for each weight loss workout is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Select a display mode and monitor your progress with the display.**

   See step 5 on page 14.

   If you select a time workout, the display will show a stopwatch representing the time remaining in the workout. If you select a distance workout, the display will show a track representing 1/4 mile (400 meters). If you select a calorie workout, the display will show a flame representing 25 calories.

5. **Measure your heart rate if desired.**

   See step 6 on page 14.

6. **Turn on the fan if desired.**

   See step 7 on page 14.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 14.

HOW TO USE A COMPETITION WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select a competition workout.**

   If you have selected the manual mode, a workout, or the iFit Live mode, press the Menu button to return to the main menu.

   To select a competition workout, press the iFit Workouts button on the screen. Then press the Competition button on the screen. You can also press the Competition Workouts button on the console.

   To personalize race settings, press the Settings button. Select a maximum incline by pressing the increase and decrease buttons. Press the Continue button. Then, select the speed at which you will start walking in the race by pressing the increase and decrease buttons. Press the Continue button.

   You can race against one opponent or against a group of four opponents.

   If you choose to compete against one opponent, press the Head to Head button. Select an opponent by pressing the Next and Back buttons. For each the opponent, the screen will display the opponent's level of endurance, average speed, maximum speed, and level of spirit. Each opponent may appear more than once in different levels, or tiers, of difficulty. The least challenging opponent is in tier one and the most challenging opponent is in tier three. Press the Select button.

   If you choose to compete against a group, press the Race Against a Pack button. Select a level of difficulty for the race by pressing the increase and decrease buttons. Level one is the easiest level and level twelve is the hardest. Press the Continue button.

   Then, select the distance of the race. You can view more distances by pressing the Next button on the screen.

3. **Start the workout.**

   After you select a distance, READY, SET, GO will appear on the screen and then the race will begin. Hold the handrails and begin walking.

   Adjust the speed and incline of the treadmill as desired. Your opponents will adjust their speed and tactics based on the course and the situation.

   The workout will continue until you complete the race.

4. **Select a display mode and monitor your progress with the display.**

   The console offers several display options. The display option you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display option.

   As you walk or run on the treadmill, the screen can show the following workout information:

   - An animation of a runner labeled "U," which represents you. As you increase or decrease the speed of the walking belt, the runner will speed up or slow down.
   - Animations of the other runners.
   - A map of the course you are running. The map will appear on the left side of the screen. The runners will be represented by squares on the map.

- The number of seconds that you are ahead of the other runners or behind the lead runner. The seconds will appear below the map of the course. If you are behind the other runners, a negative number of seconds will appear.

- Your rank in the race. You rank will appear inside the map of the course.

- The incline level of the treadmill.

- The speed of the walking belt.

- The distance that you have walked or run.

- The approximate number of calories you have burned.

- The elapsed time.

- Your heart rate. Note: Your heart rate can be displayed only while you use the handgrip pulse sensor (see step 6 on page 14).

- A profile of the incline settings of the race. The profile will appear in the lower part of the screen.

- The rate at which your opponents recover their energy (rec).

- The bank, or amount, of energy your opponents have left. As the amount of energy in a bank decreases, the speed of that opponent will decrease.

- The racing tactics your opponents are using. Your opponents will use different tactics in different situations. Consult a reputable source to learn more about racing tactics.

- A status bar showing the distance you have travelled in the race and the distance you still have to travel. The status bar will appear at the bottom of the screen.

- Your average speed.

- The average speed of the other runners.

5. **Measure your heart rate if desired.**

   See step 6 on page 14.

6. **Turn on the fan if desired.**

   See step 7 on page 14.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 14.

HOW TO USE THE IFIT LIVE MODE

The optional iFit Live module allows your treadmill to communicate with your wireless network and unlocks exciting new features. For example, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.** You must have an iFit Live module to use the iFit Live mode.

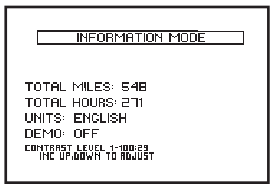
To use the iFit Live mode, press the iFit Live button on the screen. For more information on the iFit Live mode, go to www.iFit.com. Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported). You will also need an iFit.com membership.

THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select miles or kilometers to measure distance and speed, and to turn on and turn off the display demo mode. You can also adjust the contrast level of the display.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The display will show the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been used.



The display will also show the selected unit of measurement. To change the unit of measurement, press the Speed increase button. To view distance and speed in miles, select ENGLISH. To view distance and speed in kilometers, select METRIC.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word “ON” will appear in the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

The display will also show the contrast level of the display. Press the Incline increase and decrease buttons to adjust the contrast.

To exit the information mode, remove the key from the console.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console’s stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console. Locate the audio wire and plug it into the audio jack on the side of the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your personal audio player or press the Vol increase and decrease buttons on the console.

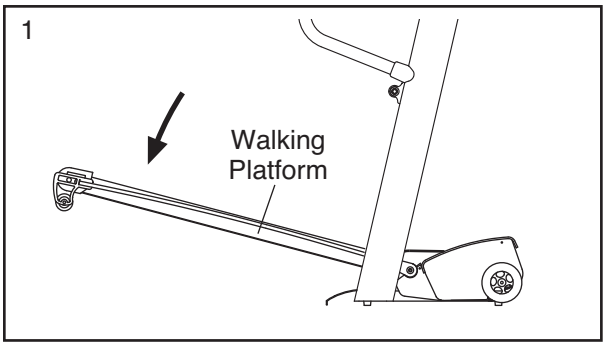
If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO FOLD AND MOVE THE TREADMILL

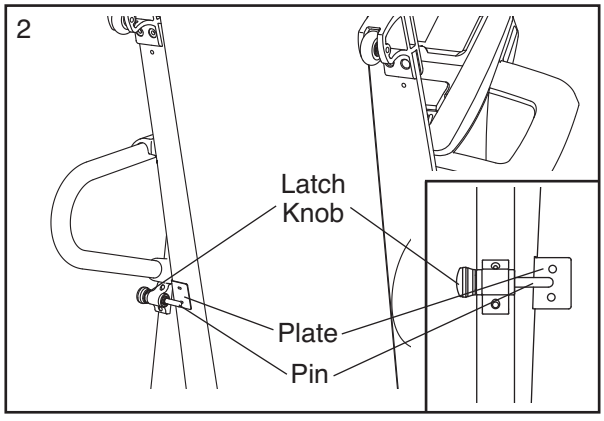
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the walking platform firmly in the location shown by the arrow below. **CAUTION: Bend your legs and keep your back straight.** Raise the walking platform about halfway to the vertical position.



2. Hold the treadmill firmly with your right hand. Pull the latch knob to the left and hold it. Raise the walking platform until the plate passes the pin on the latch knob. Then, slowly release the latch knob; **make sure that the plate is resting against the pin.**

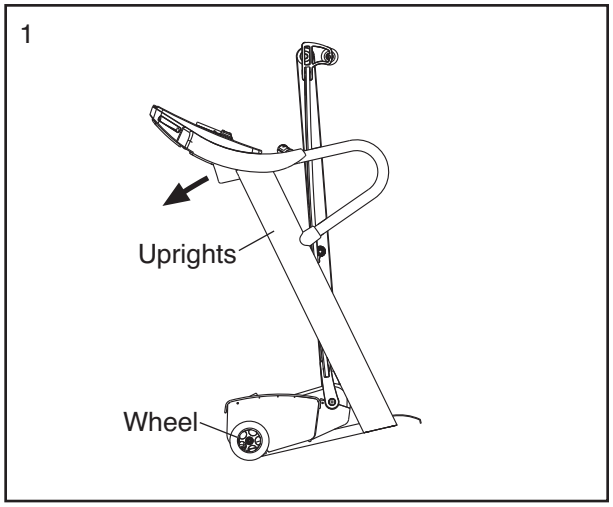


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the plate is resting against the pin. Moving the treadmill may require two people.**

1. Hold the uprights and place one foot against a wheel.



2. Pull the uprights back until the treadmill rolls freely on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the walking platform, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Next, lower the walking platform until it is past the latch pin. Then, release the latch knob.

2. **See drawing 1 at the left.** Hold the walking platform firmly with both hands, and lower it to the floor. **CAUTION: Do not drop the walking platform. Bend your legs and keep your back straight.**

TROUBLESHOOTING

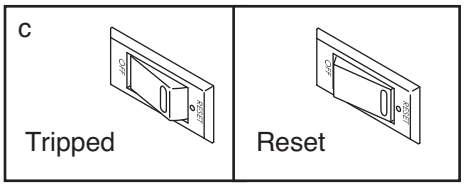
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the power switch located on the treadmill base near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

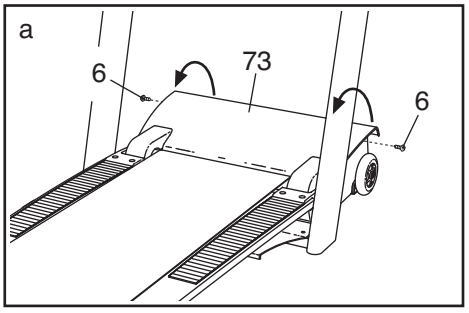
d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

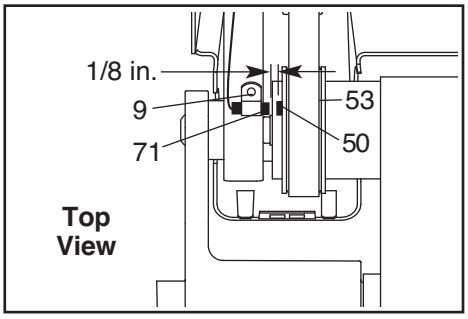
SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 19 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **unplug the power cord.** Next, remove the #8 x 3/4" Hood Screws (6) from the Motor Hood (73) and pivot the Motor Hood off.



Locate the Reed Switch (71) and the Magnet (50) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Washer Head Tek Screw (9), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown) and run the treadmill for a few minutes to check for a correct speed reading.



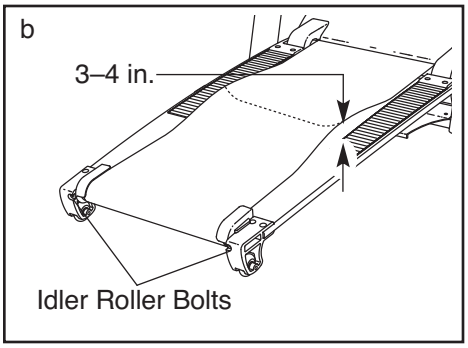
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button and then press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

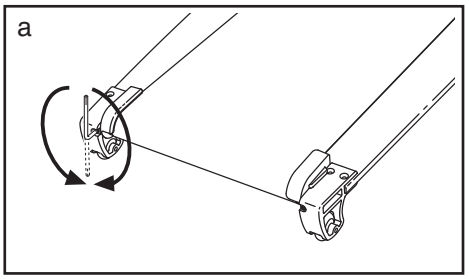
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



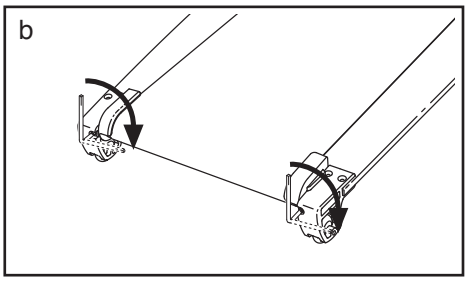
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The console display has lines running through it

SOLUTION: a. If lines appear in the console display, see THE INFORMATION MODE on page 19 and adjust the contrast level of the display.

EXERCISE GUIDELINES

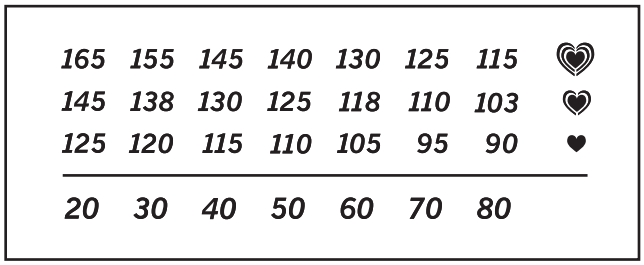
⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

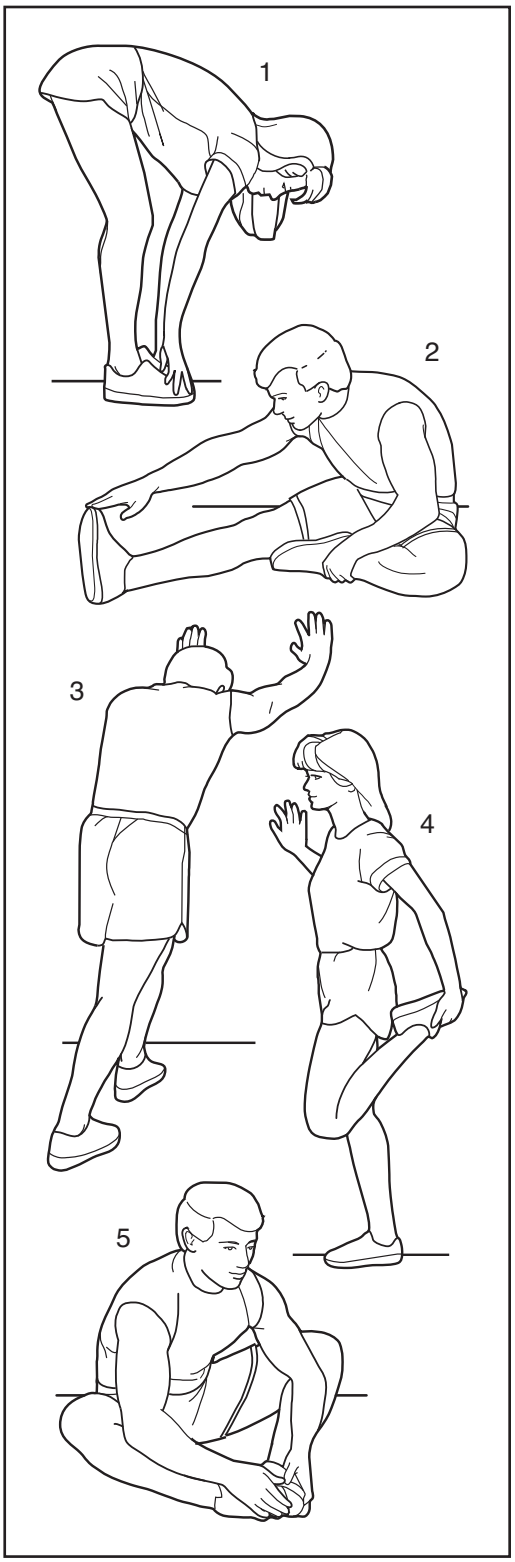
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. NTL11209.1

R0111A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

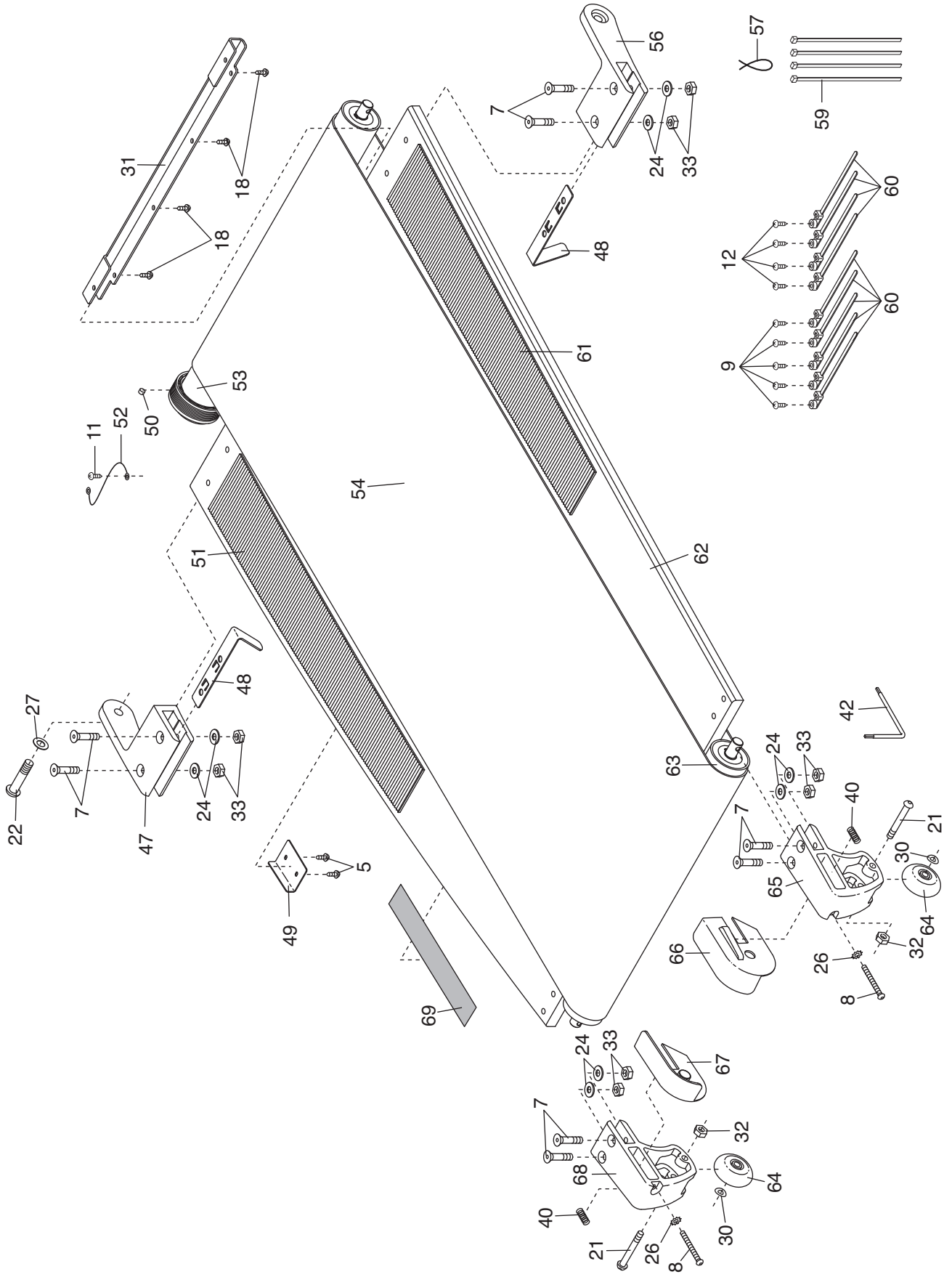
Key No.	Qty.	Description
1	4	#8 x 1" Tek Screw
2	6	5/16" x 3/4" Bolt
3	2	3/8" x 1 3/4" Bolt
4	4	5/16" Star Washer
5	6	#8 x 1/2" Screw
6	2	#8 x 3/4" Hood Screw
7	8	5/16" x 2" Bolt
8	2	Idler Roller Bolt
9	11	#8 x 3/4" Washer Head Tek Screw
10	1	1/4" x 2" Bolt
11	13	#8 x 1/2" Electronics Screw
12	41	#8 x 3/4" Screw
13	1	Audio Wire
14	1	3/8" x 3 1/2" Bolt
15	1	3/8" x 2" Hex Bolt
16	1	3/8" x 1 1/4" Bolt
17	1	3/8" x 1 1/2" Bolt
18	4	#8 x 3/4" Bracket Screw
19	2	Motor Bolt
20	2	3/8" x 3 1/4" Bolt
21	2	3/8" x 2 1/2" Bolt
22	2	3/8" x 2 3/8" Bolt
23	2	3/8" Flat Washer
24	8	5/16" Flat Washer
25	2	1/2" Pivot Washer
26	2	1/4" Roller Star Washer
27	2	1/2" Thrust Washer
28	2	1/4" x 1/2" Bolt
29	1	Idler Arm Pulley
30	2	Spring Washer
31	1	Belly Pan Support Bracket
32	9	3/8" Nut
33	8	5/16" Nut
34	2	Hood Clip
35	2	1/2" Plastic Washer
36	1	Ider Arm Washer
37	4	Front Wheel Spacer
38	3	Hood Mount
39	2	Side Hood Mount
40	2	Idler Roller Spring
41	1	Idler Arm Spring
42	1	Hex Key
43	1	Upright
44	1	Pulse Crossbar
45	2	Pulse Bar Ground Wire
46	1	#8 Star Washer
47	1	Front Left Cap
48	2	Belt Guide
49	1	Latch Plate
50	1	Magnet
51	1	Left Foot Pad
52	1	Drive Roller Ground Wire
53	1	Drive Roller/Pulley
54	1	Walking Belt
55	1	Console Ground Wire
56	1	Front Right Cap
57	2	Releasable Tie
58	1	Plastic Washer
59	8	Plastic Tie
60	9	Plastic Clamp
61	1	Right Foot Pad
62	1	Walking Platform
63	1	Idler Roller
64	2	Rear Wheel
65	1	Right Rear Foot
66	1	Right Idler Roller Guard
67	1	Left Idler Roller Guard
68	1	Left Rear Foot
69	1	Warning Decal
70	1	Idler Arm
71	1	Reed Switch
72	1	Reed Switch Clamp
73	1	Motor Hood
74	1	Controller
75	1	Electronics Plate
76	1	Incline Stop Bracket
77	1	Motor Belt
78	1	Drive Motor
79	1	Incline Motor
80	1	Belly Pan
81	1	Power Switch
82	1	Power Cord
83	1	Power Cord Grommet
84	1	Hole Plug
85	1	Belly Pan Grommet
86	1	Support Bracket
87	1	Lift Frame
88	1	Latch Assembly
89	1	Latch Housing
90	2	Wheel
91	2	Wheel Bushing
92	2	Wheel Spacer
93	1	Upright Wire
94	2	Base Cap
95	1	Base Ground Wire
96	0	Not Used
97	1	Base Plate
98	1	Base Plate Edging
99	2	5/16" Cage Nut
100	4	Thin Base Foot

Key No.	Qty.	Description
101	1	Left Handrail
102	1	Right Handrail
103	2	Handrail Cover
104	2	Console Clamp
105	1	Ground Wire
106	1	Key/Clip
107	8	Wire Clamp
108	1	Console
109	1	Console Base
110	1	Left Accessory Tray
111	1	Right Accessory Tray
112	1	Module Housing
113	1	Access Door
114	1	Pulse Bar
115	4	#8 x 1" Screw
116	2	1/4" Star Washer
117	4	#10 x 1/2" Screw
118	2	#10 x 3/4" Screw
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

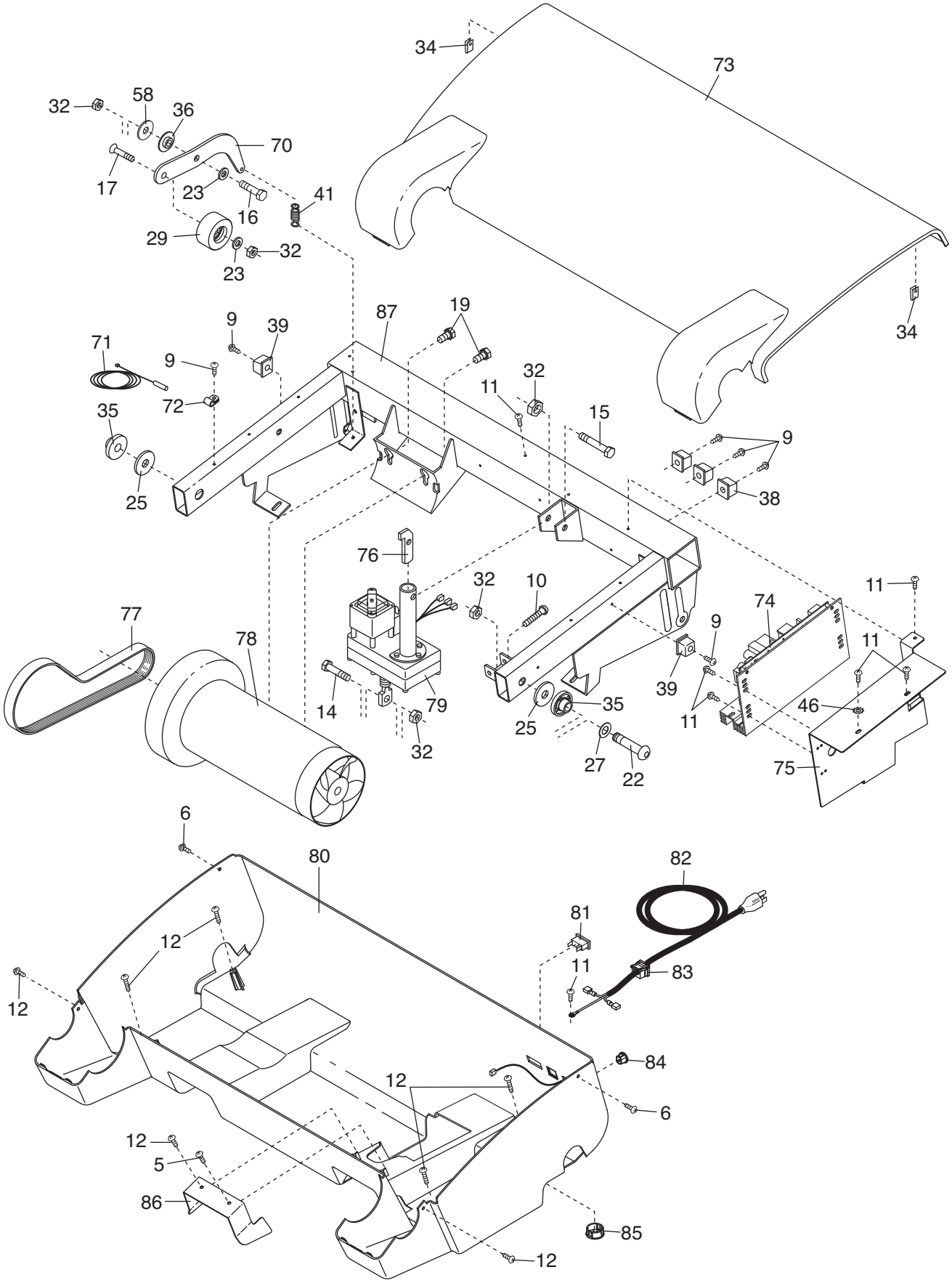
EXPLODED DRAWING A—Model No. NTL11209.1

R0111A



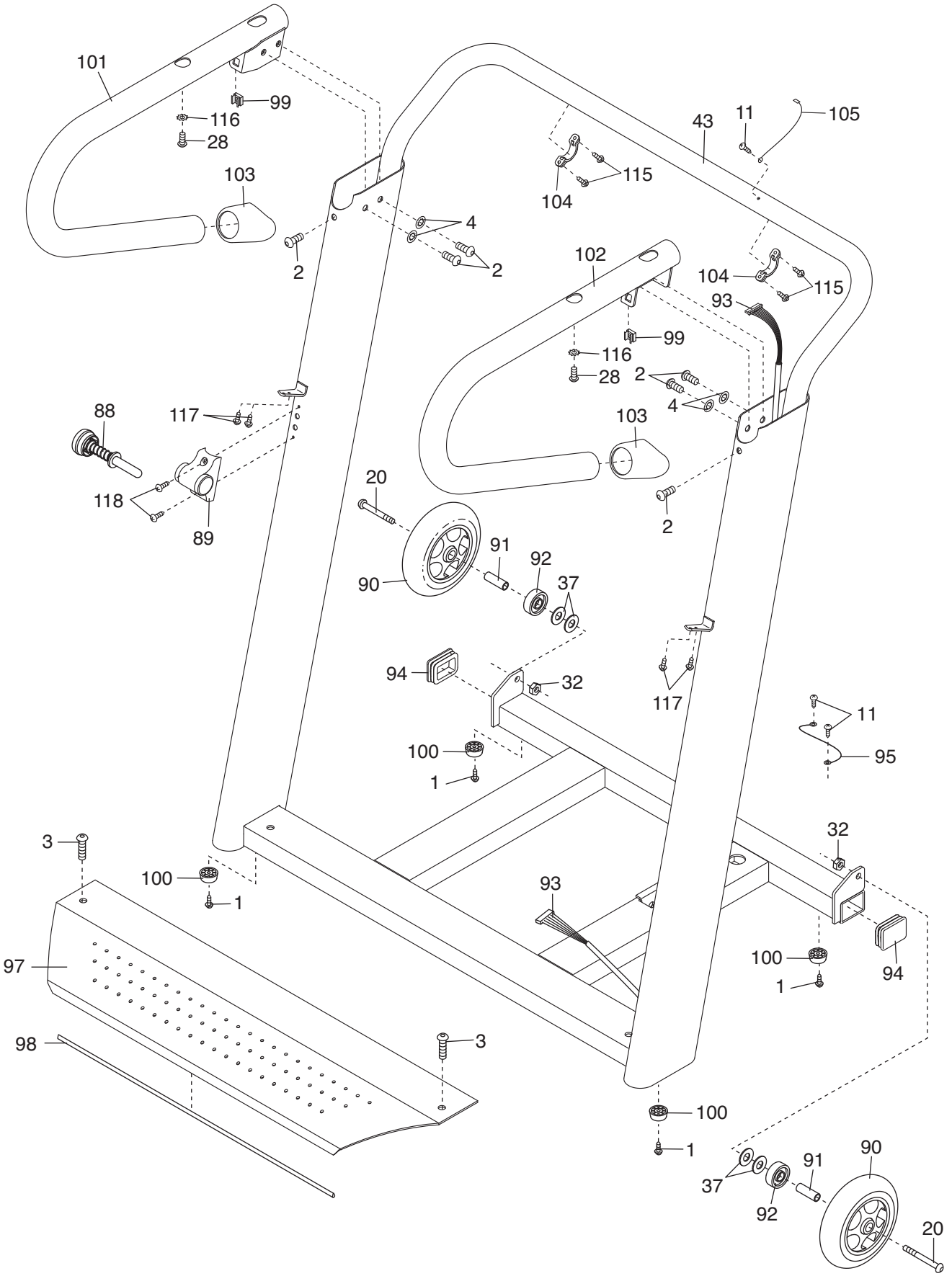
EXPLODED DRAWING B—Model No. NTL11209.1

R0111A



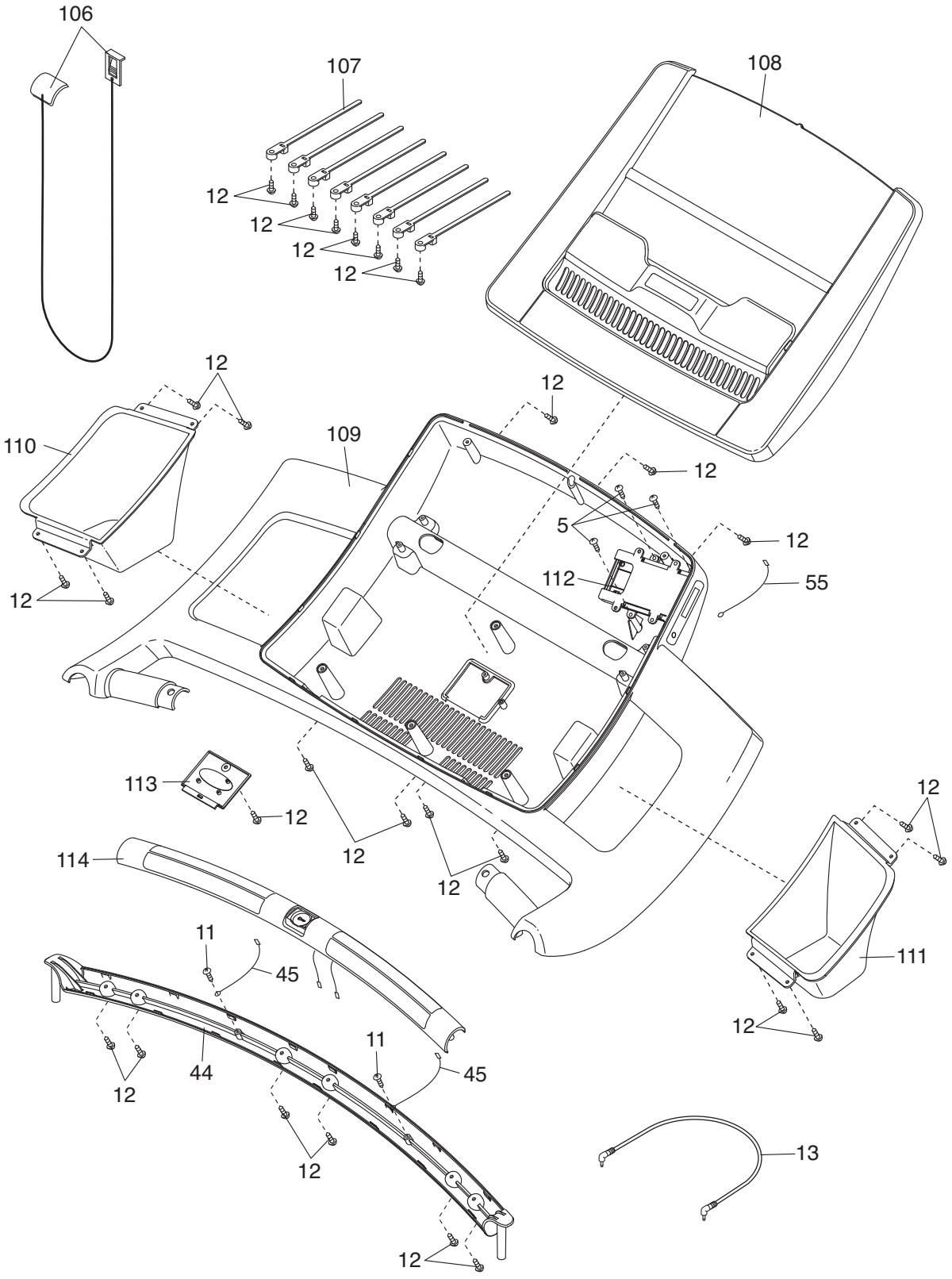
EXPLODED DRAWING C—Model No. NTL11209.1

R0111A



EXPLODED DRAWING D—Model No. NTL11209.1

R0111A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The walking platform, lift frame, and drive motor are warranted for a lifetime. Parts are warranted for two (2) years and labor for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 306387 R0111A

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